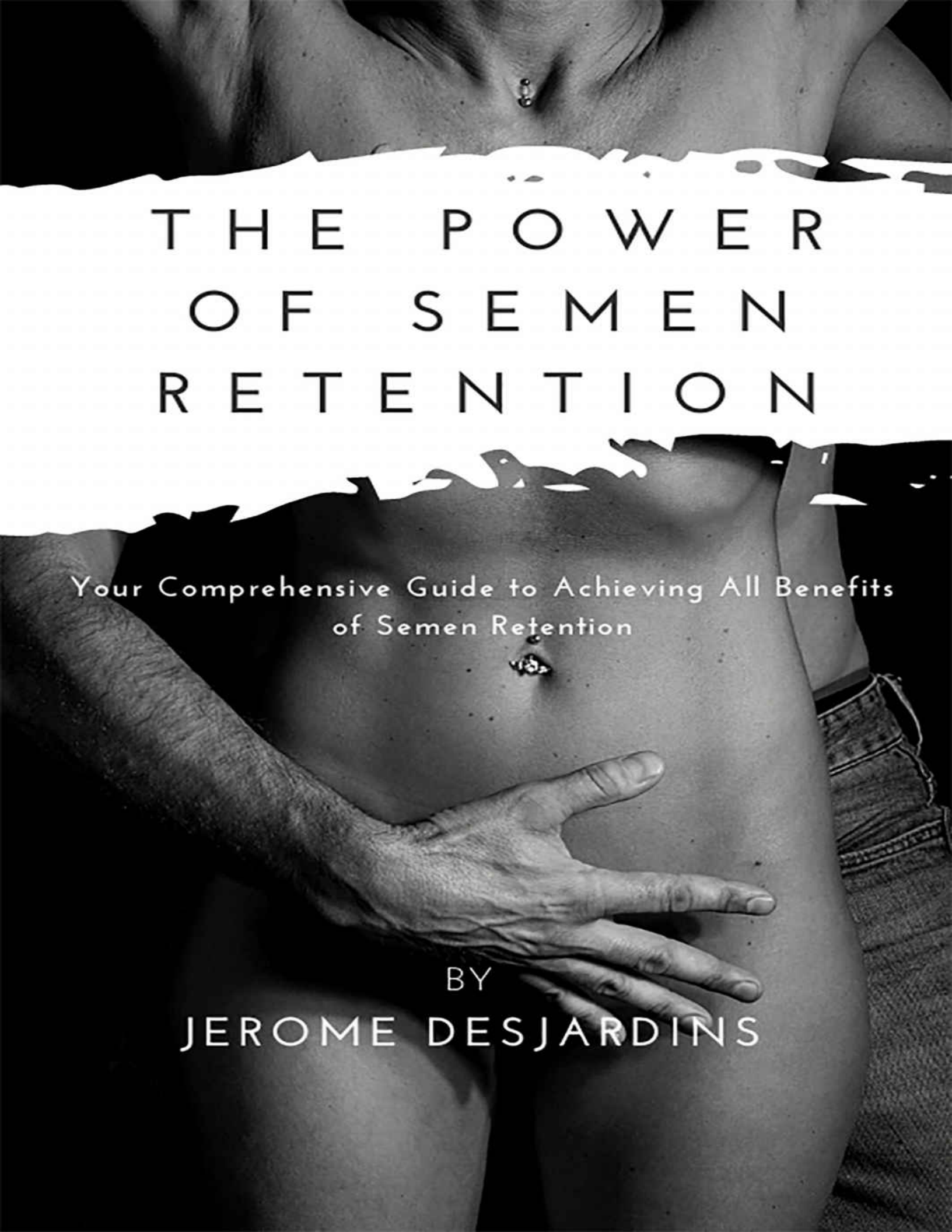
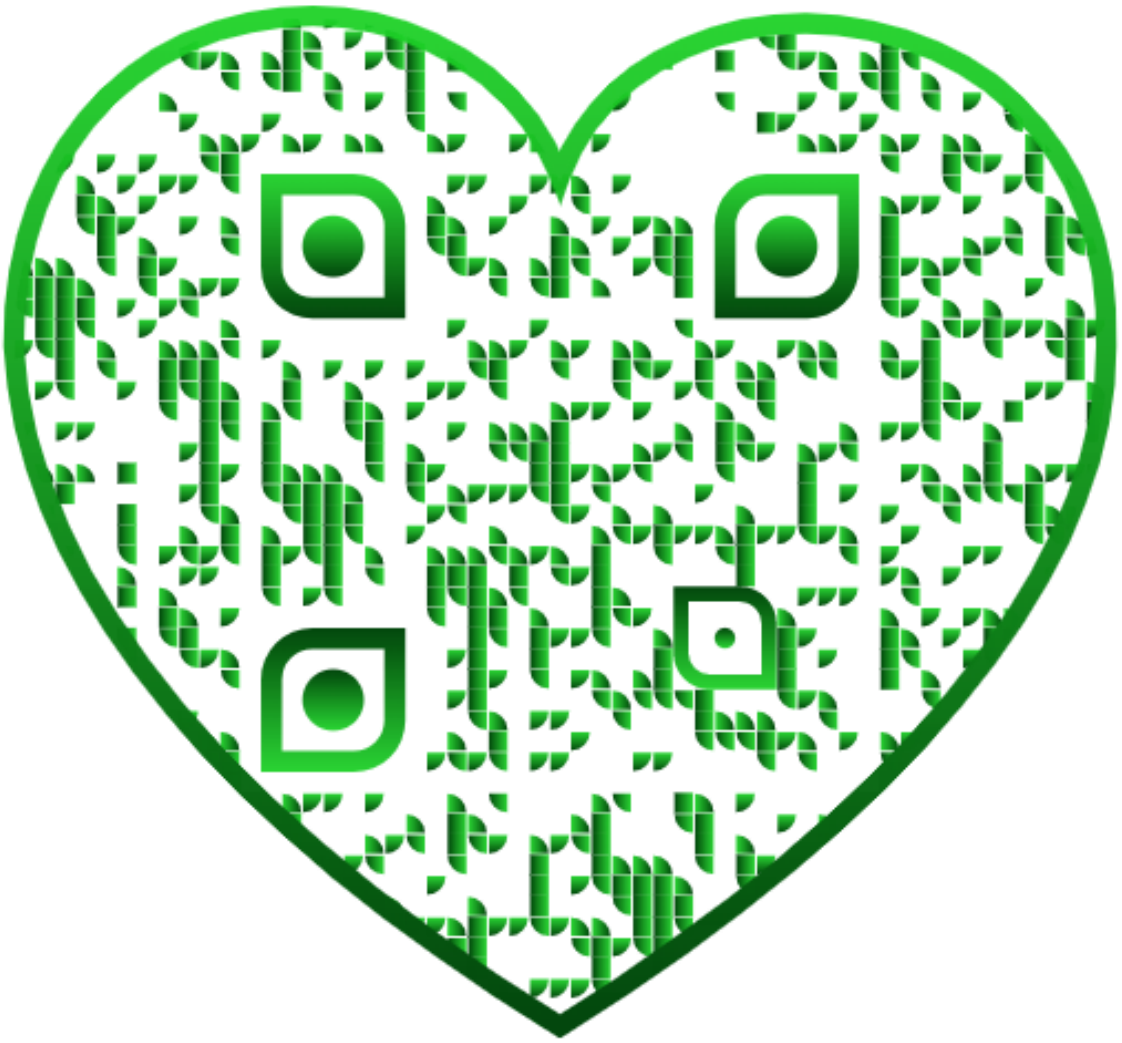


THE POWER OF SEMEN RETENTION

Your Comprehensive Guide to Achieving All Benefits of Semen Retention

BY

JEROME DESJARDINS



The Power of Semen Retention

Your Comprehensive Guide to Achieving All Benefits of Semen Retention

By Jerome Desjardins

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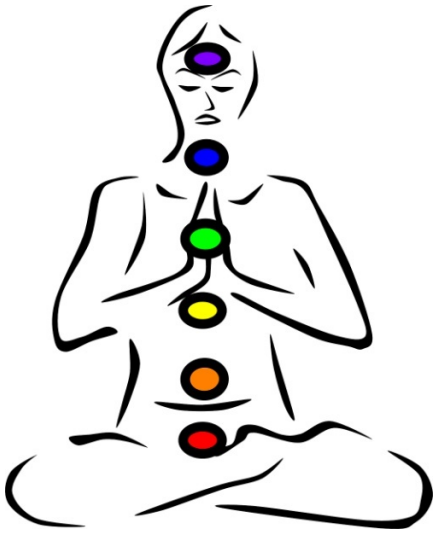
Chapter 1: An Introduction to Semen Retention

Semen retention simply means the practice of avoiding semen ejaculation by males. To practice semen retention, you can either totally abstain from any sexual activity or learn the technique of achieving orgasm without ejaculating your semen.



Most people generally try to equate ejaculation and orgasm. But, these are totally separate experiences. To achieve the benefits of semen retention, some individuals train themselves purposely to orgasm without ejaculating.

Furthermore, semen retention doesn't mean avoiding orgasm. When you practice semen retention, you alienate orgasm from ejaculation, so you can fully enjoy sexual intercourse (including orgasm) without ejaculation.

Semen retention, since ancient times, is believed to maximize male spiritual energy and physical power. Following are the different names of this practice that exists in many cultures worldwide:

- Sahaja (Hindu Yoga)
- Maithuna (Hindu Tantra)
- Karezza (Italian)

- Coitus Reservatus (Latin)
- "cai Yang pu Yin" and "cai Yin pu Yang" (Taoist sexual practices)
- Sexual transmutation (Napoleon Hill's book 'Think and Grow Rich')
- Seminal conservation
- Sexual continence

1.1) Origins

Although practicing semen retention may sound like some new fad, it's possibly as old as the human race. People have been practicing it for centuries for several reasons – from emotional to physical to spiritual well-being.

For some people, it might be a modern concept, only because of various online platforms (e.g. forums and websites), which openly discuss such things.

Following are some of the common reasons and beliefs that drive people to practice semen retention:

- It's the ultimate method of self-control.
- It helps improve physical health, sexual pleasure, or fertility.
- Frequent ejaculation weakens the male body.
- It helps pass on sexual energies to other aspects of life.
- It helps improve spiritual growth and emotional health.

1.2) Historical Anecdote

According to Wikipedia, during the Han dynasty, certain Taoist sects performed sexual intercourse like a spiritual practice known as 'Héqì' (Joining Energy).

Taoist practitioners consider the loss of ejaculatory fluids as the loss of vital life force. According to them, the excessive loss of fluid results in fatigue, disease, and premature aging.

Although some Taoists assert that one should never ejaculate, some came up with a specific formula to decide the extent of regular ejaculations so as to maintain health.

According to Taoist thinking, the 'life-force' (Qi) forms a part of everything in existence. It's related to 'essence' (Jing), which is another energetic substance found in the human body. Once these energetic substances are used up, the body dies.

A person can lose Jing (essence) in several ways, particularly through body fluids. A Taoist practitioner may use many practices to increase/stimulate as well as preserve their fluids to great amounts.

Semen is the fluid that is believed to contain Jing substance the most. So, Taoist practitioners believe in either totally avoiding or decreasing the frequency of semen ejaculation so as to preserve life essence.

1.3) Famous Men Who Practiced Semen Retention

Following is a list of famous men who practiced semen retention (or sexual abstinence) and credited their success to this practice:

1.) Businessmen & Scientists:

- Steve Jobs
- Nikola Tesla
- Sir Issac Newton
- Sigmund Freud

2.) Athletes

- Muhammad Ali
- Manny Pacquiao (Boxing Champion)
- David Haye (Boxing Champion)
- Mike Tyson
- Martin "Farmer" Burns (Wrestling World champion)
- Saigo Takamori (Famous Samurai)
- Rickson Gracie (Jiu-Jitsu Champion)
- Georg Hackenschmidt (20th-century strongman, wrestler, and philosopher)

3.) Actors, Writers & Musicians:

- Mark Wahlberg
- Leo Tolstoy
- Michelangelo (famous painter, sculptor, and engineer)
- 50 Cent
- Miles Davis
- Kayne West

4.) Philosophers

- Swami Vivekananda
- Dalai Lama
- Socrates (Greek Philosopher)
- Plato
- Pythagoras

Chapter 2: The Scientific And Mystical Basis

Since the concept of semen retention is complicated and multifaceted, several studies have been carried out to support this concept. Some people claim that there's not enough research on this topic, but that doesn't mean these are false claims.

2.1) Scientific Research to Support Semen Retention

Some long-term research and studies have been conducted in the past years to establish certain specific claims.

Following are some published studies:

- According to a 2000 NCBI study done on male athletes, sexual intercourse didn't have a harmful effect on the performance of the athletes, but a sexual activity two hours prior to a competition could.
- According to a 2001 NCBI study, participants who didn't masturbate for three weeks were found to have elevated testosterone levels.
- According to a 2003 NCBI study, a link was found between serum testosterone level changes and semen ejaculation. Among the 28

participants, who didn't masturbate for a week, the testosterone levels peaked on the 7th day.

- According to a 2007 animal study, androgen receptors in the brain were found to be lower with frequent masturbation. These receptors help the body utilize testosterone.
- According to a 2018 systemic review of studies on the semen traits and extent of ejaculatory abstinence, semen retention practice can improve sperm motility.

2.2) Scientific Basis

Several doubts have been raised time and again on the actual scientific evidence that can prove the benefits of semen retention.

Following are the three areas of impact of semen retention that can be scientifically-measured:

- Increased brain ARs (androgen receptors)
- Boosted Testosterone levels
- Reduced Prolactin levels

2.2.1) Increase in brain ARs (androgen receptors)

According to a Reddit post, ARs play an important role in the use of testosterone in your body. If you lack ARs, the testosterone hormone will do nothing for you.

ARs allow your body to utilize testosterone in multiple ways, for example, develop a deep voice and other masculine features. It's your brain ARs that affect testosterone levels in your body.

Several lab tests done on mice suggest that excessive sexual activity or frequent masturbation can significantly reduce the brain ARs in your body. This can also lead to the up-regulation of estrogen receptors in males. To reverse such brain AR changes, it takes a minimum of two weeks of abstinence.

2.2.2) Boosts Testosterone levels

Semen retention can significantly boost testosterone levels in your body. An NCBI study revealed that avoiding masturbation for a week can increase testosterone levels by up to 45.7 percent.

This significant boost in testosterone levels will result in a number of physical benefits, such as a deeper voice, greater power and strength, thicker hair, and weight loss.

Increased testosterone levels will also result in several psychological benefits, such as better focus and increased energy, improved self-confidence and courage.

2.2.3) Reduces Prolactin levels

Regular masturbation can lead to a rise in Prolactin levels in your body. Unless you're breastfeeding, you don't require Prolactin in your body.

Prolactin is usually found in females, but several studies found that when available in large quantities, it can have a negative effect even in females. The situation could be even worse in males.

High Prolactin levels in a male body can result in Gynecomastia (enlarged breasts). Prolactin hormone induces lactation, so it'll naturally cause the growth of breasts in a person.

Breasts usually grow when these are set to secrete milk. If a male is adequately drugged with certain chemicals, he can lactate. In some cases, breast enlargement in males may need surgery.

After the age of 30, Gynecomastia doesn't easily go away. One way to reduce the problem might be to lose weight, but this won't fully hide the problem.

2.3) Mystical Basis

2.3.1) Taoist sexual practices:

We've already discussed in the previous chapter how Taoist sects performed sexual intercourse like a spiritual practice known as 'Héqì' (Joining Energy).

According to TCM (Traditional Chinese Medicine), there are three vital forces of life – Jing (essence), Shén, and Qì.

Jing (essence) is the main force of life, which helps nourish, cool, and fuel your body. A person is believed to be born with a fixed quantity of Jīng (also called pre-natal jīng or yuan qi). The person can also acquire Jīng from food and several kinds of stimulation (e.g. meditation, study, exercise). Jīng is also believed to promote longevity.

Semen is the fluid that is believed to contain Jing substance the most. So, if semen is ejaculated, it means a loss of Jing. Sexual energy is a powerful energy that helps in the creation of a new life. But, when you masturbate, you simply waste this potent energy.

The biggest strain on Jing is the production of semen in males. According to a Taoist belief, the loss of ejaculatory fluids (semen) is linked to the loss of vital life force, which can lead to general fatigue, disease, and premature aging.

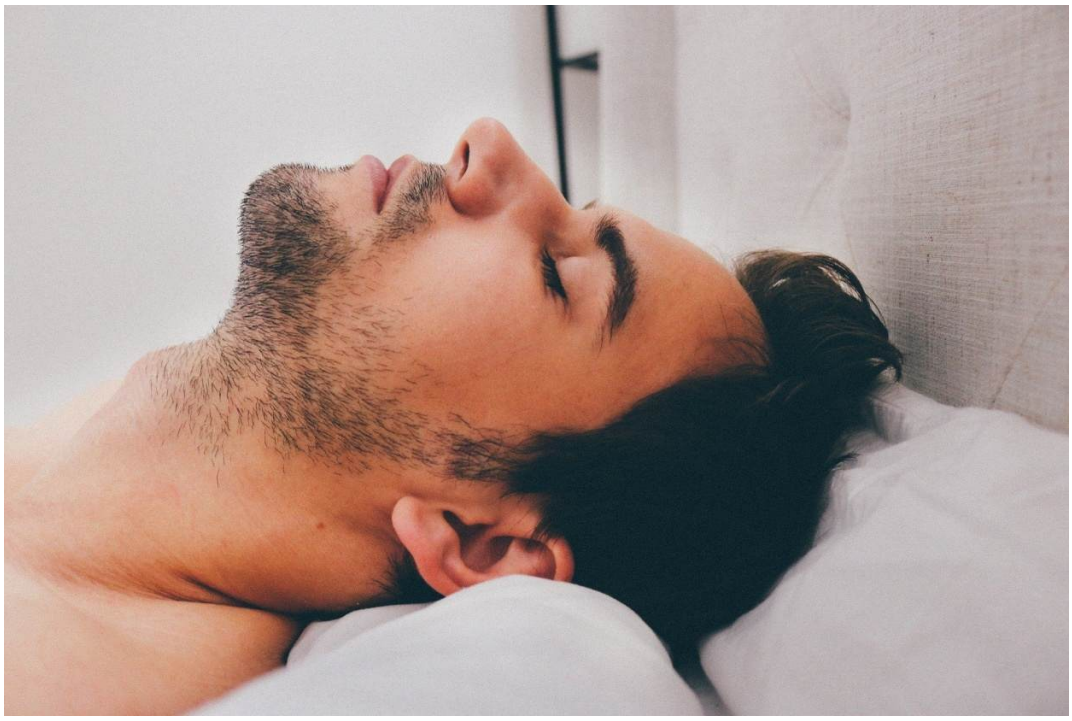
2.3.2) Hinduism

According to Hinduism, Shakti stands for power, strength, ability, might, energy, effort, capability. Shakti is considered to be the primeval cosmic energy and symbolizes the dynamic forces that travel through the whole universe. It is also believed to be the agent of all change.

Hindus also believe that Kundalini Shakti is the most significant form of Shakti. It's a mysterious spiritual force that is located at the base of your spine and is responsible for the intense form of sexual and creative energy.

Chapter 3: Semen Retention Vs Sexual Abstinence

The main difference between semen retention and sexual abstinence is that the former allows orgasm, but not ejaculation.



NoFAP practitioners follow sexual abstinence if they don't have a sexual partner. They specifically avoid masturbation and orgasm. But, if they have a sexual partner, both ejaculation and orgasm are allowed.

Semen retention should not be confused with contemporary practices like Orgasm control and NoFap. While both (Orgasm control and NoFap) treat ejaculation and orgasm, they eventually allow ejaculation, which is against the concept of semen retention.

Both semen retention and NoFAP help boost testosterone levels in your body. This claim is based on certain scientific studies conducted by NCBI.

An NCBI study done on some men revealed that after 3 weeks of semen retention the group showed an increase in testosterone levels in their bodies.

Another NCBI study revealed that testosterone levels peaked after 7 days of practicing NoFAP.

3.1) NoFAP

It means the avoidance of masturbation and porn watching. Solo sex (masturbation) is avoided but both ejaculation and orgasm are allowed with a partner. So, practicing NoFAP isn't the same as practicing semen retention.

NoFAP practitioners abstain mainly from porn and masturbation. Although some practitioners choose to abstain from any form of sexual activity in order to reboot sexual behaviors to lead a better life. They believe that NoFAP can help treat compulsive sexual behavior.

Although NoFAP is supposed to offer some physical and emotional benefits which are similar to semen retention, most of such claims aren't backed by much scientific evidence.

3.2) Orgasm control

Although ejaculation or orgasm is delayed, these are allowed eventually at the conclusion of the sexual session. Orgasm control represents the following sexual activities:

- **Postponing Orgasm:** Orgasm is postponed to achieve an ecstatic state. Orgasm control technique (edging, peaking, or surfing) could be practiced either with a partner or alone. Here, the practitioner needs to maintain an elevated sexual arousal level without reaching climax, for an extended period.
- **Denying Orgasm:** Orgasm is denied by the practitioner in order to increase erotic tension and/or arousal. The practitioner may broadly or narrowly define and ban the prohibited experience for an indeterminate or specific length of time.
- **Forced Orgasm:** This form of orgasm is outside the voluntary control of the practitioner, for example, consensual kinky or BDSM sexual play. The practitioner of forced orgasm would be typically put in physical

restraints so that they are not able to control the orgasm onset and its intensity. It will enhance the feeling of vulnerability, a state that some individuals deem sexually arousing.

Chapter 4: The Pitfalls Of Excess Ejaculation

Excess semen ejaculation (particularly masturbation) can cause certain changes in your body. While some people prefer to masturbate regularly, some people feel skeptical to do so due to various masturbation facts. It's very important for people to be aware of the pitfalls of excess ejaculation.

When you masturbate and ejaculate frequently, you feel convinced on a basic biological level that your sexual mission is now over. This might also make you feel free to relax, kick-back, and be a beta male. But, this temporary solution can lead to many BIG TIME problems.

If you wish to earn more money, enjoy more real-life sex, or get more jacked, you need to constantly motivate yourself. But, if you frequently ejaculate, you'll hit rock bottom rather than soaring high.

Following are some of the most common pitfalls of excess ejaculation:

4.1) Lower Testosterone Levels

Excess ejaculation means wasting your semen. It'll utterly tank your testosterone levels in the long run. It's not just about the immediate after effect. It includes everything else that this could result in over the weeks, months, or even years.

On a physical level, excess ejaculation will make you less of a man. On the contrary, practicing semen retention will indeed boost your testosterone levels.

4.2) Causes Depression

Depression is closely linked to the incredible dopamine response you acquire. For example, if you're a porn addict, it will boost the dopamine levels in your brain.

High dopamine levels in your brain will result in a higher future threshold in order for you to remain happy. As a result, your brain becomes addicted to that new dopamine high, which can worsen the vicious cycle. This could result in severe depression.

4.3) Causes Social Anxiety

Social anxiety stands for lower social confidence when you face certain situations. Some people may argue that these aren't real, but quite similar to depression these are very real chemical signs, which are a consequence of modern-day realities.

Excess ejaculation can result in guilt feelings, poorer eye contact, erectile dysfunction, and bad social skills.

4.4) Causes Intravaginal Ejaculation Disorder

It is a disorder where a male is not able to ejaculate in the vagina of a female. He is either not able to ejaculate in the vagina during sexual intercourse or is not enjoying vaginal sex.

This typically happens when you get used to or addicted to masturbation and strong stimulus. You won't be satisfied with the vaginal sex anymore due to the lower stimulus. The only thing that can satisfy you would be the grip of your hands no matter how hot or beautiful your female partner is.

Excess masturbation or overuse of a masturbator leads to the intravaginal ejaculation disorder. Some regular users of masturbators feel that masturbators are high in stimulus, which they find even better than a real vagina.

The only way to treat this disorder is by practicing semen retention.

4.5) Causes Penis Injury

If you masturbate excessively, you might hurt your penis. The act of masturbation can cause skin abrasion on your penis. This may also cause damage to your glans when you keep stroking.

Glans is the rounded tip of your penis that is very delicate. If it's touched too hard, it can cause inflammation and even result in penis injury.

Furthermore, there is likelihood that it may also cause STDs (Sexually Transmitted Diseases) in your penis since germs can get through the injured part.

4.6) Causes Loss of Zinc

For sperm production, your body requires protein and minerals like zinc. But, your body doesn't produce the zinc mineral. It only uses zinc for sperm production.

Zinc is an energetic agent in your body. Your body acquires zinc from your diet or other supplements. Besides, it's difficult for a human body to intake zinc mineral due to its low absorption rate.

Excess ejaculation can result in the loss of zinc mineral in your body. By practicing semen retention, you can retain zinc in your body and effectively control your excess masturbation habit.

4.7) Causes Hair Thinning

Hair thinning can also be the reason behind baldness. Excess ejaculation can cause thinning of hair, but may or may not make you bald.

Your body secretes testosterone when you masturbate. Testosterone can disturb the functioning of the hair cell but directly doesn't cause hair thinning.

Excess testosterone secretion produces an enzyme known as 5a reductase. This enzyme gets synthesized into another substance known as dihydrotestosterone.

Dihydrotestosterone thwarts the functioning of the hair cell. This entire mechanism leads to the decrease in testosterone levels, which, in turn, makes your hair thin.

4.8) Destroys Productivity

When you carry sexual thoughts in your mind the whole time, you'll easily get distracted from your work and easily engage in the masturbation act. This habit will surely destroy your productivity.

Any kind of addiction can disturb your focus and stop you from finishing your task in one way or the other. And, even if you restart your work later and make up for the lost time, the disturbance caused will have still reduce your efficiency or power to complete the task, which is the worst part.

4.9) Destroys Self Confidence

Excessive ejaculation may make you feel apprehensive about a lot of things, such as, your physical appearance, your relationship, and your abilities in the bedroom. Such feelings can destroy your confidence.

Practicing semen retention can help you uplift your self-confidence.

4.10) Divert Your Mind from Your Goals

Most of us have passions, goals, and dreams in our life. But, you can easily lose vision of your goals, once you get diverted. You'll simply stop working on them. Excessive ejaculation is one such habit that can stop you from working on your goals or passions.

Practicing semen retention can do wonders if you wish your mind to fully focus on your goals.

Chapter 5: Top Benefits of Semen Retention

Once you stop excessive ejaculation or masturbation, your spiritual energy begins to manifest and have an effect. You'll start to respect women and stop objectifying them.

When you masturbate or ejaculate excessively, it reduces your dopamine level and affects your mind in a negative way. Semen retention will help you remain calm in any situation.

Some men practice semen retention to gain the capability to maintain their erection post-orgasm. This allows them the opportunity to enjoy multiple orgasms while having sexual intercourse with their partners.

The penis typically goes through a refractory period post ejaculation in which it can't remain hard. However, after dry orgasms, this doesn't happen.

Practicing semen retention may boost your fertility if you're trying to conceive. When you practice semen retention for short periods, it can result in higher sperm levels present in your body when you have sex or ejaculate next time.

Following are some top proven benefits of practicing semen retention:

5.1) Increases Energy

Vitamin B12 is a crucial element in your semen that is vital for stamina. Vitamin B12 also helps convert the food you eat into energy, which is then used by your cells.

After jerking off, you feel exhausted, and the reason why you feel tired because you lose Vitamin B12. B12 also helps keep the nerve and blood cells of your body strong. It also helps fight an anemia type, which can make you feel weak and tired.

Practicing semen retention drastically boosts your testosterone levels and also helps maintain an adequate quantity of Vitamin B12 in your body. Those people who abstain from wasting their semen always remain active and fresh all the time.

In addition, semen retention increases your testosterone levels by 45 percent in a week. High testosterone level is related to high energy. On the contrary, low testosterone levels lead to exhaustion, erectile dysfunction, and loss of interest in sex.

5.2) Boosts Self Confidence

Your brain gets a dopamine shot when you masturbate and ejaculate. You enjoy it immensely since your brain is receiving an instant dopamine shot without making any hard effort.

Excessive ejaculation could hurt your dopamine receptors. Low dopamine levels lead to low confidence. It can also diminish your will power and motivation. When you don’t feel motivated enough, it’ll be very difficult for you to gain self-confidence.

Working hard to accomplish success in your choice of field is a long-term and tiring process. The brain always looks for shortcuts, and when it hits upon one, it tries to stay with it. You grind every day to achieve your goals. So, you need to be self-confident enough to live your dream life.

5.3) Sharpens Memory

Semen retention can help sharpen your memory by getting rid of the trash present in your brain. As a result, you'll start to remember things that you used to easily forget earlier.

People who practice semen retention have revealed that their memory power gradually increased. Although there is no scientific evidence to support this claim, it's also true that those people who frequently masturbate or excessively ejaculate have poor memories. They find it difficult to memorize even the smallest things.

5.4) Attain Self Control

One of the strongest urges is self-pleasuring and according to some studies, it's more potent than any addiction. So, if you wish to become stronger mentally, stop yourself from masturbating or ejaculating.

The most difficult thing to achieve is self-control. You can literally accomplish anything if you're able to control yourself. Self-control is what you try to achieve when you practice semen retention.

There are many other ways to achieve self-restraint. You can do yoga, meditation, and even read books on how to achieve self-restraint. But, practicing semen retention is simply the most powerful method to attain self-control.

5.5) Attain Deep Voice

Practicing semen retention can increase your testosterone levels by 45 percent in a week, which, in turn, helps attain a deeper voice.

To verify this claim you can even record your voice for a month. If you practice semen retention, you'll notice some changes in your voice structure. Your voice will become deeper and deeper gradually with each passing day. And, it's a known fact that females prefer a deeper voice.

5.6) Strong and Shiny Hair

Your semen contains an essential nutrient known as keratin that is actually good for your nails and hair. You'll lose keratin if you ejaculate or masturbate excessively.

Keratin is known for its hair smoothening properties. If your body lacks this essential nutrient, it may lead to hair loss, thin hair, hair dryness, and hair roughness.

Frequent ejaculation will not only waste your semen but also lead to thin hair as well as hair fall. Semen retention can save you from becoming bald.

5.7) Boosts Sex Drive

Semen retention helps boost testosterone levels in your body, which, in turn, boosts your sex drive.

A research was conducted on some men, aged between 40-to-70. The group received a high testosterone dosage and a remarkable boost in their libido was observed.

Many such studies have yielded similar results, which prove that testosterone helps you perform better in bed.

5.8) Eases depression

Depression is among the most common mental ailment in society today. There exists a fine link between depression and testosterone in your body.

Testosterone can help fight depression. Optimal testosterone levels are considered best for mental well being. And, semen retention helps increase the testosterone levels in your body.

A research conducted by Harvard revealed that patients with low testosterone levels in their bodies were not able to react to conventional anti-depressants. When these patients received a testosterone dosage together with anti-depressants, they reacted to the latter fairly well.

This proves that testosterone is an anti-depressant. Practicing semen retention coupled with a bunch of health supplements such as vitamin D and fish oil, is an incredible and healthy way to boost your mood. You don’t need any drugs or medication for this.

Simply start practicing semen retention for 3 weeks and cover your health basics by getting more sunlight. You’ll begin to notice a huge difference in your well-being.

5.9) Quality Sleep

Quality sleep is closely related to testosterone levels in your body. Low testosterone levels result in poor quality sleep. If you sleep less than 6 hours a day, it will reduce the testosterone levels and increase the cortisol levels, which will further deteriorate your sleep quality.

A study conducted on some men (aged 65 or above) suggested that low testosterone levels are linked to less quality sleep, a reduced sleep duration, trouble while sleeping, and frequent waking up. This proves that optimal testosterone levels in your body can improve your overall sleep quality.

The study further revealed that more sleep requires more testosterone. If you sleep less than 5 to 6 hours a day, it means you have 10% less testosterone in your body.

Many men who are addicted to porn suffer from sleep problems. Practicing semen retention can help them boost their testosterone levels, which means better quality sleep.

5.10) Become a Risk Taker

Recent research done on some men suggests that when they're around beautiful females their testosterone level increases by 10 percent. This, in turn, boosts their risk-taking capability.

Semen retention can help boost testosterone levels, which, in turn, will give you confidence and drive you to take bigger risks.

5.11) Improves Immune System

Your semen contains multiple essential minerals and vitamins such as Zinc, Vitamin C, Calcium, Lactic acid, Citric acid, Phosphorus, Magnesium, Potassium, Sodium, and Vitamin B12.

These essential minerals and vitamins help support and improve your immune system. These nutrients also perform the function of antioxidants to fight with free radicals, which, in turn, improves your overall immune system.

Due to semen retention, many disease, infections, and viruses become less common. This shows the power of your masculine energy.

5.12) Attract More Women

Semen retention helps you stop wasting your valuable masculine energy. As a result, you'll have higher testosterone levels, immense self-confidence, and a more masculine vibe.

This is all about behavioral attraction and if you combine this alpha vibe with intense workouts and a balanced diet, you'll simply become irresistible.

Multiple studies suggest why practicing semen retention can help you attract more women. One study suggests that semen retention helps you preserve vital trace minerals. It means your hair, skin, and energy will become better.

Another study suggests that semen retention helps you become more motivated and aggressive to follow your goals. Such manly traits easily attract women.

5.13) Helps Gain Social Dominance

Practicing semen retention helps you improve your social confidence, do better social interactions, and radiate a more masculine vibe. You'll witness all these improvements in the way the other guys react to you.

These overall improvements can result in numerous other opportunities. It all depends on how you capitalize on them and show your real worth.

Following are some opportunities you can make the most of:

- **Financial opportunities:** When you gain self-control, you'll make better decisions money wise.
- **Career opportunities:** Due to self-confidence, you'll excel in job interviews, and at work, your colleagues will gravitate towards you.
- **Dating opportunities**: Women love men who are socially dominant.

When it comes to social interactions, the list goes endless.

5.14) Improves Focus

Keeping your focus intact and steering clear from harmful distractions is a top-level skill when it comes to never-ending disruptions and online attention rivalry in today's world.

Practicing semen retention can make your life much easier. High testosterone levels will help you attain laser-sharp focus and you can apply the drive to any aspect of your life. It could be a new hobby, a new project at work, or just a side hustle.

Your mind will be 100 percent under your control in whatever you endeavor to do.

5.15) Cure PIED (Porn-Induced Erectile Dysfunction)

For NoFAP practitioners, semen retention can provide add-on benefits to the regular benefits that NoFAP offers them.

Semen retention can help NoFAP practitioners in effectively treating PIED. Semen retention can help speed-up the time required by the patient to treat their erectile dysfunction.

Although it's not required for a PIED patient to practice semen retention, it's a recommended step for the minimum first 60 to 90 days of NoFAP.

You don't need to practice semen retention for longer periods of time. You can do it just enough to cure all the issues caused by porn to you.

5.16) Cure Other Types of Erectile Dysfunction

Just like PIED treatment, semen retention can help improve the symptoms of both the premature as well as delayed ejaculation.

Some guys who frequently experience premature ejaculation (PE), when they practice semen retention, they can't last as long. But for some guys, semen retention is just a stage, and after a few months of practicing it, they are able to last even longer than before.

If semen retention causes premature ejaculation, it could be a lifelong problem. Such patients are recommended to ejaculate once a week at least so as to maintain high-level sexual stamina.

5.17) Increase Sperm Count

Practicing semen retention is one of the best methods to increase both sperm volume and count. But, it'll help only if you're able to maintain the levels of your testosterone at the normal range. And, semen retention can't solve your low semen volume problem if your testosterone levels are low.

The quantity of sperm that your testicles can produce is purely dictated by testosterone. This makes testosterone one of the most important hormones in a male body. Semen retention can help preserve both the quality and quantity of your sperm.

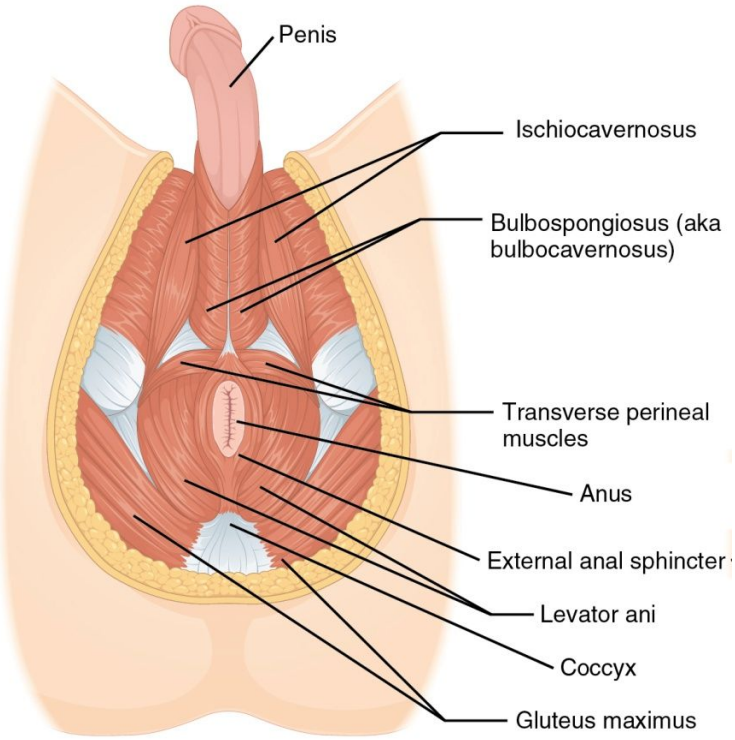
This also means that high testosterone and sperm retention are highly interlinked. So, your main focus should be on keeping both in balance.

Last but not least, avoid foods that kill testosterone, such as, soy products, added sugar, Omega 6, and beer. Foods that help boost testosterone include grass-fed meat, eggs, and fatty fish.

Chapter 6: Getting Started With Semen Retention

Semen retention means experiencing orgasm without ejaculating. To practice semen retention, it takes a lot of muscle control. The key to semen retention is flexing your pelvic muscles just prior to ejaculation. So, you need to perform some Kegel exercises.

To learn the fastest and simplest way to have Non Ejaculatory Orgasm (NEO), all you need to do is perform some exercises to train and fortify your perineum muscles, which are located between your testicles and anus.



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Following are the three types of exercises to train and fortify your perineum muscles:

- Contracting Your Perineum Muscles

- Doing Kegel Exercises
- Training perineum muscles to hold ejaculation

6.1) Contracting Your Perineum Muscles

Whenever you urinate, you need to practice contracting your perineum muscles. When you urinate, apply slight pressure on your perineum muscles and stop midstream to tighten the muscles for some seconds and then release.

Perform this exercise while peeing for a minimum 3 times, at least 2 weeks to train and fortify your perineum muscles. Post 2 weeks, you can stop doing this.

Note: This practice could be risky for those people with prostate issues. If you suffer from any of such issues or as soon as you feel any pain, you should consult a physician prior to practicing this.

6.2) Doing Kegel Exercises

You can perform Kegel exercises while standing, sitting, walking, or even lying down.

Following are the steps to perform Kegel exercises while sitting:

- **Step 1**: While sitting, place both your hands on your thighs and don't bend your back.
- **Step 2**: Breathe deeply through your nose and fill your lungs with oxygen.
- **Step 3**: While holding your breath, contract your perineum muscles. Hold the contraction for 3 seconds, and then relax for 3 seconds. You can hold the contraction for as many seconds as possible. Breathe freely and concentrate on contracting your perineum muscles only. Keep in mind to relax the muscles in your abdomen, thighs, and buttocks.
- **Step 4:** Slowly release the air through your nose and let go of your perineum muscles.
- **Step 5:** Perform 10 sets of this exercise for a minimum 3 times a day. It'll help you build muscle control.

Caution: Before your meals, don't do this exercise for at least two hours.

Note: This Kegel exercise is highly beneficial for your health even if you don't practice semen retention. Kegel experts hugely recommend performing this exercise 20 to 30 minutes before having sexual intercourse. It will help improve your sexual potency so that you can last longer in bed.

6.3) Training Perineum Muscles to Hold Ejaculation

If you've been practicing kegel exercises, you'll easily master this exercise. All you need to do is keep control over your muscles while having sex (vaginal, oral, or anal).

Following are the steps to train perineum muscles to hold ejaculation:

- **Step 1:** Release the tension in your legs, buttocks, and jaw. Try to relax to avoid any excess energy build-up in your pelvis area.
- **Step 2:** Take deep and long breaths as orgasm approaches. Try to calm your body by holding perfectly still for a few seconds. Focus your attention on something else other than sex.
- **Step 3:** At this point, apply pressure on your perineum muscles. Hold for a few moments until the arousal eases a bit (but not too long), and then release your perineum. You'll achieve dry orgasm or non ejaculatory orgasm (NEO).

It's highly possible that you may not achieve dry orgasm the first time. Initially, you could be too late or too early since it takes some time and practice. However, if you keep practicing these 3 exercises, you'll feel intense pulses in your penis without ejaculating. That's a DRY ORGASM or NEO!

At first, the sensation you'll feel would be very mild as compared to the intense normal ejaculatory orgasm (EO). So, you may feel slightly disappointed. But, this sensation will gradually build up and soon the ejaculation urge between each non ejaculatory orgasm will become longer. And, over the course of weeks, the sensation will get stronger to the point that you'll feel the whole body orgasm.

Note: Applying pressure to the perineum muscles may also lead to retrograde ejaculation that sends the semen into the bladder rather than out of your penis. But, retrograde ejaculation can't stop the orgasm.

6.4) Other Techniques to Achieve Orgasm without Ejaculation

Following are some other techniques to achieve NEO:

6.4.1) Back-to-back orgasms

If you have ejaculated several times lately, your body won't have enough time to create more semen. This can result in dry orgasms when your penis can't ejaculate more semen.

So, one method to boost your chances of achieving orgasm without ejaculation is to attempt right after you've already ejaculated. This method is known as back-to-back orgasms.

Here, although you achieve orgasm without ejaculation, this method is not the same as practicing semen retention since you've already ejaculated your semen.

6.4.2) Taking control of your ejaculatory response

Taking control of your ejaculatory response is another way to achieve orgasm without ejaculating. You may need to work with a self-help coach or sex therapist. This approach involves practicing mindful-awareness and flexing your pelvic floor muscles with the help of Kegel exercises, which we have already discussed.

6.4.3) Practice Edging

It's a sexual practice wherein you stop stimulation right at the point of orgasm, then wait, and then start again.

This practice involves slowing down during intercourse or masturbation to experience what it feels like when you're about to ejaculate. It will allow you to eventually stop when you reach the threshold of ejaculation.

When you're about to ejaculate, just stop and take slow and deep breaths. Wait for 20 seconds, and then you can continue. When you take deep breaths, try to hold your breath for at least 5 seconds, and then let it out. You can even try rapid breathing to shift the sensation throughout your entire body. This way it won't be focused too much on the genitals only.

Once you gain mastery over the edging method, you can use it to reach the ejaculation point, stop ejaculation, and experience sensations without

ejaculating. When you combine edging practice with semen retention, you can reap immense physical and mental benefits.

6.5) Semen Retention Vs Edging

The main difference between semen retention and the edging method is that when you practice edging you stop the ejaculation, but you don't have an orgasm. With semen retention, you achieve orgasm without ejaculation.

The best thing about practicing semen retention is that sexual energy is built-up since you don’t lose the semen. And, in case you finally make your mind up to experience an Ejaculatory Orgasm (typically you won't) that’ll be way more deep and intense compared to a normal orgasm.

6.6) Practicing Semen Retention Vs Staying Celibate

It all depends on the circumstances and your personal tastes. Some men feel better with no women, while some love the company of women who provide them greater drive and even inspire them. It all depends on what you need.

Semen retention comes with some extra benefits though. Non ejaculatory orgasm (NEO) during intercourse releases chemicals that create a heightened sense of wholeness, deeper love, and connection with your partner.

However, many Taoist practitioners believe that you need to be very careful with whom you do the energy exchange and if possible, you should choose someone you truly love.

But, the real challenge is that it takes immense self-control to steer clear of the strong and forceful ejaculation impulse. Most importantly, it takes a lot of practice and good communication with your partner since it involves the risk of going a little too far and ejaculating.

Chapter 7: Five Levels of Sexual Transmutation/Transformation

In this chapter, we'll discuss the five levels of sexual energy that you must understand to transmute your life energy to redirect it and maximize the benefits.

A lot of people feel reluctant to talk about semen retention and sexual transmutation since these topics are still considered a taboo in the society. But such topics hold immense power because of our survival instincts, which is deeply programmed into us.

If you learn how to channel your sexual energy appropriately, you can become very successful in a short period of time.

Napoleon Hill, in his famous book 'Think & Grow Rich', mentioned that people, in general, become successful after the age of 40. According to him,

that's how long it takes to get to the state where they master their sexual energy. But if you understand the five levels of sexual energy, you can achieve success at any age.

Following are the five levels of sexual transmutation that you need to understand to master your sexual energy and willpower:

- **Level 1 – Masturbation with porn**
- **Level 2 – Masturbation without porn**
- **Level 3 – Sex with a partner with ejaculation**
- **Level 4 – Sex with a partner without ejaculation**
- **Level 5 – Complete Celibacy**

1.) Level 1 – Masturbation with porn

When you masturbate while watching porn, you're at level 1. This is the level when you expel, spill, and waste your sexual energy, which isn't serving your real goal. When you masturbate with porn, the act deteriorates your mind. Your brain gets wired in such a way that it seeks the quickest dopamine spike.

Many clinical studies suggest that watching excess porn can cause a shortening of neurons. People who get wired for short dopamine spikes naturally start to seek things that weaken their minds.

As a result, they start to do things compulsively, for example, use their phones compulsively or eat compulsively. They lack the sacrificial mentality, which means sacrificing short-term pleasures in order to get successful in the longer term.

You need to sacrifice the short-term pleasures and wait, put in efforts, work hard in order to achieve the long-term sustained pleasures. Short-term pleasure is a sort of a little spike. It goes up instantly, but eventually, it dips down. But, the longer-term pleasure soars high and doesn't dip like the short-term pleasure.

2.) Level 2 – Masturbation without porn

This level allows you to retain more of your life energy since your brain isn't getting wired for the quick dopamine spike. Unlike level 1, level 2 is

more of a slower cultivated state. So, you need to evolve from level 1 to level 2.

At level 2, you have more life energy to pursue your goals because your neurons aren't getting shortened. Your brain doesn't seek a quick dopamine spike, so you can focus on making efforts to achieve your goals.

3.) Level 3 – Sex with a partner with ejaculation

When you have sexual intercourse with your partner and ejaculate, you lose a lot of life energy. According to semen retention practitioners, 40 drops of blood are needed to create a single drop of semen.

After you ejaculate, your energy levels will immediately get drained and all you want to do is sleep. Quite the reverse, if you don't ejaculate, the life energy will still remain within you. It means the hunger and urge still remain within you and you still possess that drive to accomplish your dream goals.

4.) Level 4 – Sex with a partner without ejaculation

This level requires a lot of willpower. When you have sex with your partner without ejaculation, it sort of builds that drive inside you and allows you to channel that energy into goal achievement.

This practice is known as semen retention that allows you to experience orgasm without ejaculation. Semen retention offers numerous benefits such as it helps sharpen memory, attain deep voice, have strong and shiny hair, boost sex drive, ease depression, improve immune system, and much more. We have discussed in detail about the top benefits of semen retention in Chapter 5.

5.) Level 5 – Complete Celibacy

This level also requires a lot of will power to achieve ultimate mind control. Complete celibacy simply means every single ounce of your life energy is no longer focused on sex only. This level can help you focus solely on the creative endeavors you have in your life, which means a complete focus on goal achievement.

You might think that all successful people have a lot of sex. But you don't know whether they spilled or retained their semen! For example, Isaac

Newton remained completely celibate his whole life and his inventions have changed the history of mankind. He had the drive within him to always seek new inventions. So, his life energy was completely transmuted into finding creative solutions to problems.

Level 5 is the highest level of vibration energy and according to Hinduism, it's known as Brahmacharya. People who follow Brahmacharya remain completely celibate their whole life. As a result, they get extremely energetic, sleep 2 hours a night, and wake up fully energetic. They're able to channel their lower energies into the higher realms.

Most relationships today are based around sex. If you talk about any relationship, be it man and woman or same-sex, an intimate romantic relationship implies sex. This happens because of this identification with the body. The more you get identified with the body, the more you seek things of physical nature.

You seek more material wealth and more sexual pleasures because of the strong identification with the body. The problem with this physical identification is that everything of physical nature is also very finite, which means it won't exist forever.

The more you get identified with things that are of the physical nature in your body and mind, the more your spiritual evolution will get inhibited. The more you destroy the physical things you're attached to, the more you destroy your false identifications.

The key to all spirituality is to identify only with the ultimate and nothing else but the ultimate. There is natural identification with the ultimate when these false identifications are ruined. You don't need to do anything to identify with the ultimate. You just need to destroy these false identifications.

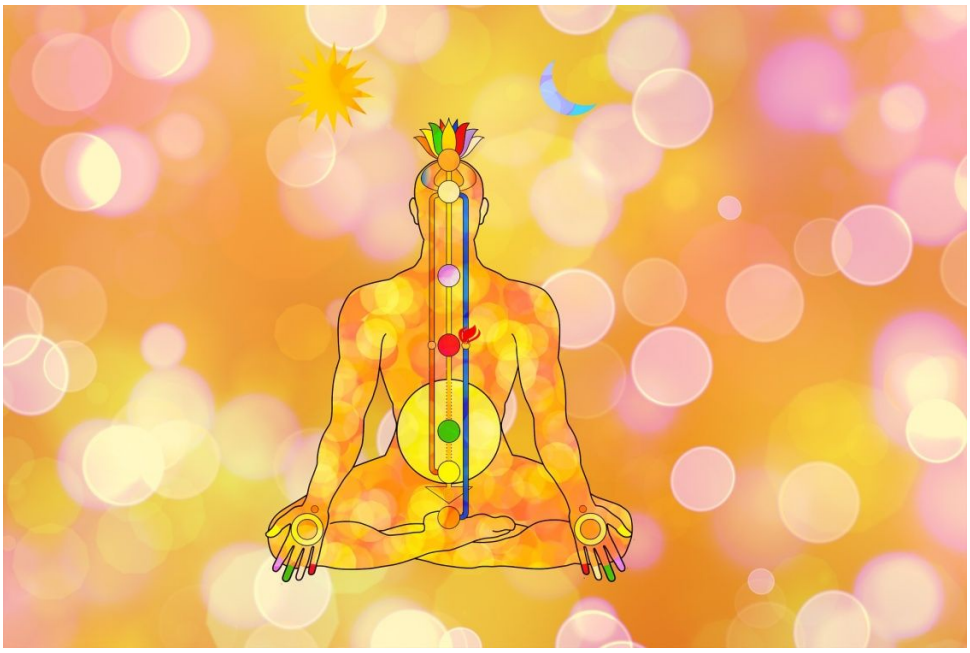
So, Level 4 and Level 5 are the highest levels. If you can achieve these levels, you have essentially mastered willpower. The goal of practicing semen retention is to channel your life energy and transmute it towards the ultimate goal achievement.

You can’t suppress sexual energy because it’s completely natural. The key is not to suppress this energy but channel it into your desired direction. This is why some people become massively successful because they are able to channel their life energy.

Conclusion

If you've reached this far, we believe this eBook was worth your precious time.

To make the most of semen retention, your sexual energy produced during arousal must also be transformed. This transformation allows your sexual energy to be fully utilized for your benefit and should not be wasted.



Some techniques to transform your sexual energy include meditation, pranayama, prayer, and mantra. Physical exercises and activities are also useful to transform sexual energy.

Unfortunately, science still remains largely unaware of the dynamics of sexual energy. On the other hand, Taoist culture, which is nearly 8000 years old, provides more interesting insights on the matter.

The conservation of sexual energy is an important principle that all Taoist practitioners follow. According to this principle, excessive ejaculation can

weaken your nervous system that can result in illness.

Taoist practitioners consider semen as a precious and valuable life source, which should not be wasted. Ideally, it should be used for the purpose of reproduction.

Rather than wasting the semen for no good reason, Taoist practitioners try to channel the sexual energy upwards. As a result, this energy heals and reinforces the mind and organs; elevates cognitive and creative abilities; and offers a huge source of energy and liveliness.

According to Hinduism, Brahmacharya is a similar tradition that includes total abstinence from sex and lust.

Swami Vivekananda is possibly the most famous believer of the Brahmacharya tradition who made a huge contribution to the revival of Hinduism during the late 19th century in India.

He defined semen as the 'Prana of Pranas' (a hidden treasure in man) in his book "Practice of Brahmacharya." He also described how semen imparts the rays of glory (Brahma-Tejas) to the face, and when the sexual energy is channeled, how it is converted into spiritual power (Ojas Sakti).

Such thoughts may seem too religious in today's world. But, various secular works significantly support the practice of semen retention. For example, in his famous book 'Think & Grow Rich', the author Napoleon Hill addresses 'The Mystery of Sex Transmutation'. He states that men can control their sexual energy and redirect it to attain creative genius and material success. He even lists several successful men who reportedly practiced semen retention such as Napoleon Bonaparte, George Washington, Abraham Lincoln, and William Shakespeare.

All this information isn't reserved for a specific religion, culture, or part of the world. It is found in multiple religions and cultures across the globe throughout history. But, somehow we've forgotten it. Due to this, men today are ignorant and damaging themselves by wasting their precious semen.

Nobody can deny the truth that semen is the source of strength and creativity in a man. When you waste it without any serious purpose, you

simply waste your potential and manhood. Consequently, you'll gradually recline into a mediocre and passive state.

Furthermore, mere retention of the semen isn't enough. You can't easily store sexual energy without making any efforts. Studies done on semen retention revealed how quickly a person can become anxious and agitated if he lacks the knowledge of how to redirect that energy in a healthy way. You need to adopt new behaviors to redirect your sexual energy.

If you fail to transform your sexual energy, the trapped forces will seek out other ways to flow through, for example, depression, fantasy, mental preoccupation, obsessive behaviors, fanaticism, and other grave mental disorders.

In this eBook, we've covered many important topics such as the origins of semen retention and its scientific basis. We discussed in detail the three areas of impact of semen retention that can be scientifically-measured such as brain ARs (androgen receptors), testosterone, and prolactin levels.

We also discussed in detail the scientific research that supports semen retention, its mystical basis like Taoism and Hinduism, and semen retention vs. sexual abstinence (No-FAP). We even discussed the pitfalls of excess ejaculation and the top proven benefits of semen retention.

We further discussed how to get started with semen retention. We also discussed in detail how to perform the three types of exercises to train and fortify your perineum muscles including contracting your perineum muscles, Kegel Exercises, and training perineum muscles to hold ejaculation.

Lastly, we discussed various other techniques to achieve orgasm without ejaculation such as back-to-back orgasms and edging, and how they differ from semen retention.

And this brings our eBook to an end! We sincerely believe that the content of this eBook will immensely help you in practicing semen retention and redirect your powerful sexual energy in a healthy way to achieve greater strength and creativity with GREAT SUCCESS!

Thanks for downloading this eBook!

Thank You and Good Luck!